

### Skills for Life

Every Wednesday  
Starting June 2nd  
3:00pm

No Charge

Description: Teens and youth learn valuable skills such as etiquette while dining out, interviewing, and resume' skills.

### Dating Violence Seminar (FREE)

Thursday, June 3rd

12:30pm - 1:30pm

For ages 17 & Under

Contact: Leah Rowe @ 322-0063

Sponsored by Partnership for Children and Families

Description: Teens are educated on the different types of abuse.

### Self-Esteem Seminar (FREE)

Thursday, July 8th

12:30pm - 1:30pm

For ages 17 & Under

Contact: Leah Rowe @ 322-0063

Sponsored by Partnership for Children and Families

Description: Teens learn ways to improve overall self esteem.

### Planned Parenthood

Health and Education Series

"Practicing Good Hygiene"

Wednesday, July 21 & Thursday, July 23

3:00pm - 5:00pm

### Fellowship Breakfast

Mt. Paran Baptist Church

Bible Classes for ages 13-18

2nd Saturday of each month

7:00am - 10:00am

No Charge

### FAMILY ACTIVITY

Field Trip to Chattanooga

African American Museum

Friday, June 18th

1:00pm Arrival Time

Cost: \$8 (includes lunch)

Contact: Kevin McGowan - 697-1277

### Adult/Senior Activities

#### Senior Aerobics Class

Low Impact Aerobics & Chair Aerobics

Every Tuesday & Thursday

1:00pm - 2:00pm

Cost: 50 cents per class

Ongoing program



#### Senior Computer Class

Every Tuesday, 6:00pm - 8:00pm

No Charge

Seniors learn basic computer skills as well as Windows 98 and internet use.

#### Bible Study Classes

For Adults & Seniors

Every Thursday @ Noon

Elder Jimmy Ingram Facilitating

#### City Summer Softball Adult League

Cost: \$325 per team

Contact Snooks Nerren @ 493-2880

(After 3pm on Mondays - Saturdays)

#### Avondale Neighborhood Association

You are invited to participate in a great community organization. Seeking new members!!

Meets the 3<sup>rd</sup> Monday of each month.

6:00 - 9:00pm

For Adults 19 and Over



May - August



## Avondale Recreation Center

1305 Dodson Avenue  
Chattanooga, TN  
37406  
(423) 697-1277

**Hours of Operation**  
Mondays - Fridays  
10:00am - 7:00pm



PARKS  
RECREATION  
ARTS  
CULTURE

www.chattanooga.gov/cpr

## ► Youth Activities

### Sports

#### **Avondale Rattlers**

Youth Tackle Football Team

Sign ups begin May 1st

For ages 11 - 14

Registration Fee: \$30 per child

Contact: Damian Smith @ 227-9447

#### **Avondale Youth Baseball League**

For ages 4 - 12

Registration Cost: \$45 per child

Contact: Jerry Marshall @ 355-7085

#### **Avondale Titans**

AAU Boys' Basketball League

For ages 15 - 17

Cost: \$100 per child

Contact: Gerald Perry @ 697-1277

#### **Avondale Power Lifters**

**Free** weight training club

Ongoing program

Every Wednesday & Friday

5:00pm - 6:00pm

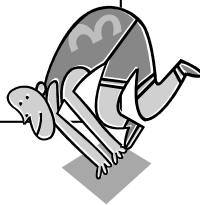
#### **Hershey Track & Field Youth Program**

Sign ups start June 1st

Event Date: June 11

Tyner High School Track

FREE



#### **Canoeing Trips**

At Greenway Farm

For ages 17 & Under

FREE

June 24 (10:00am - Noon)

July 6 (1:00pm - 3:00pm)

July 20 (10:00am - Noon)

Contact: Kevin McGowan - 697-1277

#### **Wall Climbing**

For ages 17 & Under

FREE

July 13, 1:00pm - 3:00pm

Contact: Kevin McGowan - 697-1277

#### **Mountain Biking**

At Greenway Farm

For ages 17 & Under

FREE

July 15, 1:00pm - 3:00pm

#### **Arts & Dance**

##### **Arts & Crafts Class**

For teens & youth

Every Friday at 3:00pm

Starting June 4th

FREE

##### **Dance Instruction Series**

For teens & youth

Starts July 9th

FREE

4:00pm - 5:00pm

Contact: Maronica Hanna @ 697-1277

#### **Educational Workshops**

##### **Good News Club**

For Youth

Every Tuesday, 4:00pm - 5:30pm

No Charge

Description: Youth learn life's lessons based on teachings from the Bible.

##### **Play It Safe!**

Message from the Electric Power Board

Wednesday, May 12th

1:00pm - 1:30pm

For ages 12 & Under

No Charge

Contact: Kevin McGowan

##### **Teen Book Club**

Starts Monday, May 24

For ages 17 & Under

No Charge

Description: Teens read and discuss selected books each month.

#### **Prison and Prevention Ministries**

Guest Speaker: Tamika Hudson

Thursday, May 27th

2:00pm - 3:00pm

For ages 17 & Under

No Charge



*For all your city government needs*